

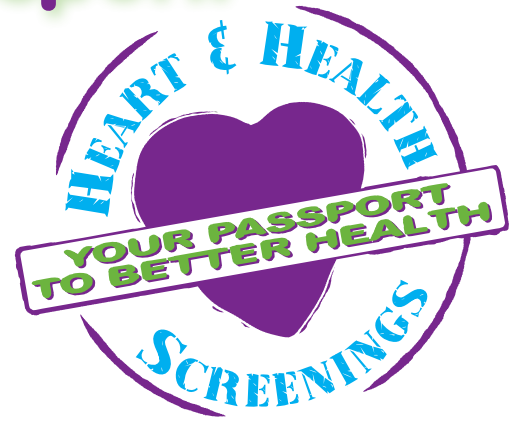
# Free Health Screenings?

## Grab your passport.

**Where:** EIRMC Medical Office  
Building Lobby (West of  
Main Hospital)

**When:** Saturday, February 6

**Time:** 9:00am - 2:00pm



### FREE Health Screenings

- ★ Glucose Check/Diabetes Risk Assessment
- ★ Pick up Heart Risk Assessment/Total Lipid
- ★ Profile Results\*
- ★ Learn What Your Results Mean/Reduce Your Risk of Heart Disease
- ★ Body Fat Analysis, Body Mass Index
- ★ Glaucoma Screening
- ★ Foot & Ankle Screening
- ★ Stroke Screening: Blood Pressure, Pulse Check,
- ★ Ankle Brachial Index
- ★ Wound Care Info
- ★ Advance Directives/Organ Donation
- ★ Sleep Assessment

*\* Call 529-6700 for details on getting your blood drawn and analyzed at one of four clinics being held in January. No blood will be drawn on Feb. 6.*

### FREE Seminars

Got Questions? Get Answers.

Seminar	Time
Advanced Directives & Living Wills 115A West MOB Hallway	9 & 11:00 am
Free Nutritional Cooking Seminar Classroom A/B	10:00 am
Free Heart Smart Seminar Classroom C/D	11:00 am
Free Stroke Seminar Classroom A/B	12:00 pm
Free Sleep Seminar Classroom C/D	12:00 pm
Free Joint Pain Seminar Classroom C/D	1:00 pm

**Space is limited.**  
**Pre-register by calling 529-6700**

**Free Information Super Hallway**  
**Free Giveaways & Door Prizes**



## For more information, call 529-6700